THAT WHICH IS CLAIMED:

1. An inner duct having a central passage operable for routing a transmission cable therein, said inner duct comprising:

a duct tube, said duct tube having an inner surface and an outer surface;

at least one passageway, said passageway disposed generally between said inner surface of said duct tube and said outer surface of said duct tube, wherein said passageway is operable for receiving at least one optical fiber.

2. The inner duct according to claim 1, said duct further comprising at least one strength member disposed between said inner surface of said duct tube and said outer surface of said duct tube.

3. The inner duct according to claim 1, said passageway of said inner duct having at least one optical fiber disposed therein.

4. The inner duct according to claim 1, said inner duct further comprising at least one tube stranded around said duct tube.

5. The inner duct according to claim 4, said at least one tube having an outer sheath therearound.

6. The inner duct according to claim 5, said duct tube being generally concentric with said outer sheath.

7. The inner duct according to claim 1, said inner duct further comprising a transmission cable therein.

8. The inner duct according to claim 1, said duct tube further comprising ribs.

9. The inner duct according to claim 1, said duct tube further comprising at least two layers.

10. The inner duct according to claim 9, said at least one of said layers of having a lubricant.

11. The inner duct according to claim 1, said inner duct having a fiber optic density greater than zero when a central passage of said duct tube is empty.

12. An inner duct having a central passage operable for routing a transmission cable therein, said inner duct comprising:

a duct tube, said duct tube having an inner surface and an outer surface;

at least one tube, said at least one tube being stranded around said duct tube; and

at least optical fiber, said optical fiber being disposed in the at least one tube.

13. The inner duct according to claim 12, said inner duct further comprising an outer sheath generally surrounding said at least one tube.

14. The inner duct according to claim 13, said duct tube being generally concentric with said outer sheath.

15. The inner duct according to claim 12, said inner duct further comprising at least one passageway, said at least one passageway being disposed generally between said inner surface of said duct tube and said outer surface of said duct tube, wherein said passageway is operable for receiving at least one optical fiber.

16. The inner duct according to claim 15, said at least one passageway having at least one optical fiber disposed therein.

17. The inner duct according to claim 12, said inner duct further comprising at least one strength member disposed between said inner surface of said duct tube and said outer surface of said duct tube.

18. The inner duct according to claim 12, said inner duct further comprising an optical fiber cable therein.

19. The inner duct according to claim 12, said duct tube further comprising ribs.

20. The inner duct according to claim 12, said outer sheath further comprising ribs.

21. The inner duct according to claim 12, said duct tube further comprising at least two layers.

22. The inner duct according to claim 21, said at least one of said layers of having a lubricant.

23. The inner duct according to claim 12, said inner duct having a fiber optic density greater than zero when a central passage of said duct tube is empty.

24. An inner duct having a central passage operable for routing a transmission cable therein, said inner duct comprising:

a duct tube, said duct tube having an inner surface and an outer surface;

at least one passageway, said passageway disposed generally between said inner and outer surfaces of said duct tube, wherein said passageway is operable for receiving at least one optical fiber;

at least one tube, wherein said at least one tube is stranded around said duct tube;

at least one optical fiber, said at least one optical fiber being disposed in said at least one tube; and

an outer sheath, said outer sheath generally surrounding said at least one tube.

25. The inner duct according to claim 24, said duct tube further comprising ribs.

26. The inner duct according to claim 24, said duct tube further comprising at least two layers.

27. The inner duct according to claim 24, said at least one of said layers of having a lubricant.

28. The inner duct according to claim 24, said inner duct having a fiber optic density greater than zero when a central passage of said duct tube is empty.

29. The inner duct according to claim 24, said outer sheath further comprising ribs.

30. The inner duct according to claim 21, said outer sheath having a lubricant.